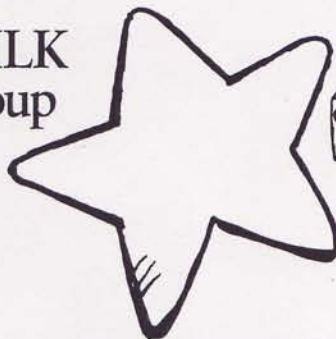


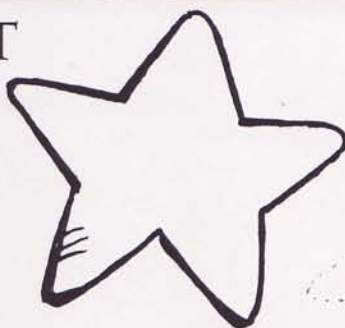
EAT THE FIVE FOOD GROUP WAY!

Every day eat foods from each of the Five Food Groups.

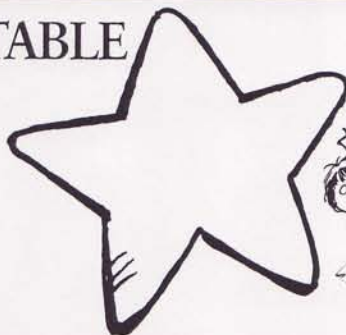
MILK Group



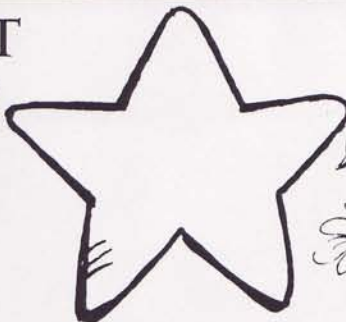
MEAT Group



VEGETABLE Group



FRUIT Group



GRAIN Group

